

"Made Me Well and Strong"

ANOTHER WOMAN WHO IS THANKFUL FOR
PE-RU-NA

"I have taken several bottles of Pe-ru-na and find it a great benefit. I had pains in my stomach and bowels, but by the use of Pe-ru-na and Mergal, I am well and strong again. I always keep a few bottles in the house."
Mrs. URSULA GRAY,
R. F. D. No. 2, Box 19,
Nichols, Iowa

Mrs. Gray's experience is just more evidence that Pe-ru-na is quite as good a remedy for catarrh of the stomach, bowels or other organs as it is for coughs, colds and nasal catarrh. Pe-ru-na is a wonderfully fine medicine to have in the house for everyday use.

Send to the Parana Company, Columbus, Ohio for free booklet and medical advice.



Tablets or Liquid
Sold Everywhere

What to Take for Disordered Stomach



Take a good dose of **Carter's Little Liver Pills**—then take 2 or 3 for a few nights after. You will relish your meals without fear of trouble to follow. Millions of all ages take them for Biliousness, Dizziness, Sick Headache, Upset Stomach and for Sallow, Pimply, Blotchy Skin. They end the misery of Constipation.

Small Pill; Small Dose; Small Price

HERE'S END OF OLD H. C. OF L.

According to University Authority, the Next Generation Need Not Worry About Its Food.

Miss Lillian Herman of the University of Michigan is an authority on chemical analysis. Addressing the Byerson library class at Grand Rapids recently she said the time is coming when a man, becoming hungry, will simply take a shovel and go into his yard and get a shovelful of dirt, take it into his private laboratory, put it into the family "hopper," pour in concentrated essence of sunshine, turn a crank, and then go around to the other side and wait by the spout to catch his eggs, tomatoes, cucumbers or radishes, whatever he desires.

This food, she said, will come out in the form of small lozenges, concentrated and convenient. A chemical analysis of them will show they contain all the ingredients of our vegetables, and will also have the same taste.

Miss Herman believes that the next generation will see the start of it and that the following generation will use it habitually.

There is as much guesswork about the origin of fires as there is about Mars.

A dangerous ailment will make a man so careful that he lives to be 99.

World's Greatest Volcano.

The "House of Everlasting Fire" is part of the great volcano Kilauea, on the Hawaiian Islands. What Niagara is among waterfalls Kilauea is among volcanoes. Not so beautiful as Vesuvius or Etna, not so high as some of the lofty flame mountains of South America, Kilauea retains its title by sheer power in which it is unrivaled. The crater, about four miles square in extent, is an area of bleak desolation, a floor of lava cracked and seamed until it resembles one of the circles of horror in Dante's Inferno.

—Kansas City Star.

Unhappy Boy.

The door closed behind an irate neighbor who had come to complain regarding certain of Willie's shortcomings.

A few moments later, as Willie was tearfully preparing for a prematurely early bedtime, he said to his mother:

"I wish we lived in heaven mother."

His mother demanded to know the cause of his sudden aspiration towards better things.

"Oh, well," he sighed, "you know the angels wouldn't be half as hard to please as the neighbors are."

Bewhiskered old humbugs are more popular than barefaced lies.

The person who has no will of his own has an incurable malady.

Why should you follow a crooked path?

Often a cowpath has been allowed to become a village street, and as the village expanded, tradition has made the winding way an expression of a cow's will.

Habit is always forging chains to enslave us, so that what has been found bearable by the fathers is accepted by the sons.

Who cannot recall the coffee-pot Mother put on the stove early in the morning, warning us not to let it boil over?

As children, we were not permitted to drink tea or coffee, because it would stunt our growth or make us nervous and irritable. When older, however, we craved a hot drink with meals, and custom gave us our tea or coffee.

Finally upon the instructions of the doctor, Mother gave up her tea and coffee. But that meant nothing in our young lives. Our vitality was then strong enough to throw off any ill effects.

But our time came, and we learned by experience that we could not drink tea or coffee. When we had it for breakfast it put our nerves on edge. When we drank it at the evening meal, we teased about in wakefulness most of the night.

And then we found Postum, a pure cereal beverage, free from the harmful drug, caffeine, in tea and coffee. We liked the rich, satisfying flavor of Postum—and also the better health which resulted. And, too, we were surprised to find how many of our neighbors had made the same discovery—had learned the value of "health first."

Postum comes in two forms: Instant Postum (in tins) made instantly in the cup by the addition of boiling water. Postum Cereal (in packages of larger bulk, for those who prefer to make the drink while the meal is being prepared) made by boiling for 20 minutes. Sold by all grocers.

Postum for Health
"There's a Reason"

The Kitchen Cabinet

Copyright, 1921, Western Newspaper Union.

Those who live on the mountain have a longer day than those who live in the valley. Sometimes all we need to brighten our day is to rise a little higher.

SOMETHING TO EAT.

With the venison season upon us, try the following with a venison steak:

Chestnut Sauce.—Fry one-half an onion and six slices of carrot, cut in small pieces, in two tablespoonfuls of butter for five minutes. Add three tablespoonfuls of flour and stir until well browned; then add a cupful and a half of soup stock, a sprig of parsley, a bit of bay leaf, eight pepper corns and a teaspoonful of salt. Let simmer 20 minutes, strain, add a cup of boiled chestnuts, a tablespoonful of butter and two tablespoonfuls of orange juice.

Squirrel Pie.—Clean the squirrels, separate into pieces at the joints, nine in all. Season with salt and pepper and add a pint of well seasoned chicken stock, or boiling water will do. Cook closely covered for two hours in a moderate oven. Add two tablespoonfuls of flour, salt and pepper and a little cold water mixed to a paste, to the gravy in the dish. Cover with a rich crust and bake about twenty minutes. Leave a vent in the crust to allow the steam to escape.

Baked Chicken in Milk.—Take a fat old fowl, cut it up as for frying; roll each piece in seasoned flour and place in a deep baking dish; cover with rich, sweet milk and bake four or five hours in a fireless cooker. Remove the cover and brown in a hot oven before serving.

Quince Honey.—Wash and grate the quince, peeling and all, and cook with equal parts of sugar until thick. This is a delicious concoction which may be used in numberless ways. As a garnish for ice cream it is especially good, or a spoonful placed over a dish of apple sauce makes that a dish out of the ordinary.

Pears are most delicious canned in the following way: Pare and quarter them, then cut in eighths and put them, with half their weight in sugar, into a stone crock and let stand over night. In the morning cook in the crock until they are transparent or perfectly done. Lemon may be added, or ginger root, to vary the flavor, if desired.

By degrees, by thinking light,
Thinking glad and sweetly,
You'll escape the stress of night,
Worry gone completely.

Get the habit of looking for
Sunbeams prouetting,
Tapping gently at the door
Surest cure for fretting.

CARE OF THE INVALID.

So much is said in regard to the care of food for invalids that it would seem that in this enlightened day everybody would know what to do for a simple well cooked and appropriate meal for an invalid; however, the results show that there is still much to learn in serving an invalid's meal.

A normal person in health will be able to overlook many eccentricities of food, but the person who is ill must be fed the kind of food to give strength and not overtax the digestive organs.

To make food tempting enough to be eaten when it is not desired takes not only skill in dainty preparation but finesse in handling the patient.

The well-trained nurse has had in her training the proper preparation and serving of food, but often the over-worked mother finds it necessary to be both nurse, housekeeper and cook, so it is invaluable for her to know how. The daintiness of the tray and its pretty china as well as the food served upon it is of first importance.

Spotless linen or pretty paper doilies in case of contagious diseases, should always be used; the small sets made on purpose for a tray with pretty china, arranged for the convenience of the patient, with a flower or two or a piece of bright fruit with its foliage will make the meal a source of pleasure. The psychology of appealing to the sense of beauty in the tray fittings is not one that we should slight.

Even paper dishes of all kinds may be used in contagious diseases, thus eliminating the risk as well as the work of caring for and sterilizing them.

Nellie Maxwell

WRIGLEY'S

"After Every Meal"

Next time you want to concentrate on a piece of work just slip a stick of WRIGLEY'S between your teeth.

It's a wonderful help in daily tasks—and sports as well.



Hazards disappear and hard places come easy, for WRIGLEY'S gives you comfort and poise—it adds the zest that means success.

A great deal
for 5c

SEALED TIGHT
KEPT RIGHT



B11

The
Flavor
Lasts

Put His Foot in It.
She—It seems strange that you did not remember my face, yet you remembered my name.
He (awkwardly)—Well, you know, you have an attractive sort of name.

The outcome of a new business enterprise depends on the income.

The Dark Cloud.

It is not surprising that clouds come in for more or less criticism. They live high, are often dissipated, and can usually be classed with the wets.

When the contracting parties unite in their efforts to make marriage a success it is seldom a failure.



"My beau he is particular,
About the way I'm dressed,
So Maggie uses Faultless Starch,
So I can look my best."

**FAULTLESS
STARCH**

Shining-up Days Are Here

**E-Z STOVE
POLISH**
Its Shine Is Wonderful

Western Canada Offers Health and Wealth



and has brought contentment and happiness to thousands of home seekers and their families who have settled on her FREE homesteads or bought land at attractive prices. They have established their own homes and secured prosperity and independence. In the great grain-growing sections of the prairie provinces there is still to be had on easy terms **Fertile Land at \$15 to \$30 an Acre**—land similar to that which through many years has yielded from 20 to 45 bushels of wheat to the acre—oats, barley and flax also in great abundance, while raising horses, cattle, sheep and hogs is equally profitable. Hundreds of farmers in Western Canada have raised crops in a single season worth more than the whole cost of their land. Healthful climate, good neighbors, churches, schools, rural telephone, excellent markets and shipping facilities. The climate and soil offer inducements for almost every branch of agriculture. The advantages for **Dairying, Mixed Farming and Stock Raising** make a tremendous appeal to industrious settlers wishing to improve their circumstances. For illustrated literature, maps, descriptions of farm opportunities in Manitoba, Saskatchewan, Alberta and British Columbia, reduced railway rates, etc., write

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